

PEACE OF MIND

3 Ways to Seek Healing From Trauma

- **Trauma is a response to a deeply disturbing or distressing event.**
- **The wounds you can't see can hurt as much as the ones you can see.**

And we know that in all things God works for the good of those who love him, who have been called according to his purpose. Romans 8:28 NIV

The Three Types of Trauma

- **Acute: a response from a one-time traumatic event**
- **Chronic: a long-term response from prolonged or repeated events**
- **Complex: a response to multiple and ongoing events**

A Few Places Paul Faced Traumatic Events

- **Damascus (Acts 9:23-25)**
- **Antioch in Pisidia (Acts 13:50-51)**
- **Iconium (Acts 14:2, 5-6)**
- **Lystra (Acts 14:19)**
- **Thessalonica (Acts 17:5-9)**
- **Berea (Acts 17:13-14)**
- **Corinth (Acts 18:12-17)**
- **Jerusalem (Acts 21:27-36)**

1. We process the pain of our trauma.

- **Instead of seeking connection, we prioritize protection.**
- **We don't heal in isolation. We heal best in community.**

Are they servants of Christ? (I am out of my mind to talk like this.) I am more. I have worked much harder, been in prison more frequently, been

flogged more severely, and been exposed to death again and again. ²⁴Five times I received from the Jews the forty lashes minus one. ²⁵Three times I was beaten with rods, once I was pelted with stones, three times I was shipwrecked, I spent a night and a day in the open sea, ²⁶I have been constantly on the move. I have been in danger from rivers, in danger from bandits, in danger from my fellow Jews, in danger from Gentiles; in danger in the city, in danger in the country, in danger at sea; and in danger from false believers. ²⁷I have labored and toiled and have often gone without sleep; I have known hunger and thirst and have often gone without food; I have been cold and naked. ²⁸Besides everything else, I face daily the pressure of my concern for all the churches. 2 Corinthians 11:23-28 NIV

... We were under great pressure, far beyond our ability to endure, so that we despaired of life itself. 2 Corinthians 1:8 NIV

2. We prayerfully press in to God with our trauma.

Three times I pleaded with the Lord to take it away from me.

2 Corinthians 12:8 NIV

But [God] said to me, “My grace is sufficient for you, for my power is made perfect in weakness.” ... ¹⁰That is why, for Christ’s sake, I delight in weaknesses, in insults, in hardships, in persecutions, in difficulties. For when I am weak, then I am strong. 2 Corinthians 12:9-10 NIV

**Nothing can change your past.
But God can heal your broken heart.**

The LORD is close to the brokenhearted and saves those who are crushed in spirit. Psalm 34:18 NIV

3. We pursue purpose in our trauma.

Praise be to ... the Father of compassion and the God of all comfort, ⁴who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God. 2 Corinthians 1:3-4 NIV

And we know that in all things God works for the good of those who love him, who have been called according to his purpose. Romans 8:28 NIV